

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals (Reception, year one and year 2)/Multi-skills (year 3 and year 4)/Fitness (year 5 and 6)	I can develop balancing whilst stationary and on the move. I can develop running and stopping. I can develop changing direction. I can develop jumping and landing. I can develop hopping and landing with control. I can explore different ways to travel.	I can explore balance stability and landing safely. I can explore how the body moves differently when running at different speeds. I can explore changing direction and dodging. I can explore jumping, hopping and skipping actions. I can explore co-ordination and combination jumps. I can explore combination jumping and skipping in an individual rope.	I can explore how the body moves when running at different speeds. I can develop changing direction and dodging. I can develop balance, stability and landing safely. I can develop and explore jumping, hopping and skipping actions. I can develop co-ordination and combining jumps. I can develop combination jumping and skipping in an individual rope.	I can develop balancing and understand the importance of this skill. I can understand how to change speed and be able to demonstrate good technique when running at different speeds. I can demonstrate a change of speed and direction to outwit others. I can develop technique and control when jumping, hopping and landing. I can develop skipping with a rope. I can apply fundamental skills to a variety of challenges.		I can develop an awareness of what your body is able to do. I can develop speed and stamina. I can develop strength using my own body weight. I can develop co-ordination through skipping. I can perform actions that develop agility. I can develop control whilst balancing.	
Ball skills	I can develop rolling a ball to a target. I can develop stopping a rolling ball. I can develop accuracy when throwing to a target. I can develop bouncing and catching a ball. I can develop dribbling a ball with my feet. I can develop kicking a ball.	I can develop control and co-ordination when dribbling a ball with your hands. I can explore accuracy when rolling a ball. I can explore throwing with accuracy towards a target. I can explore catching with two hands. I can explore control and co-ordination when dribbling a ball with your feet. I can explore tracking a ball that is coming towards me.	I can roll a ball to hit a target. I can develop co-ordination and be able to stop a rolling ball. I can develop technique and control when dribbling a ball with your feet. I can develop control and technique when kicking a ball. I can develop co-ordination and technique when throwing and catching. I can develop control and co-ordination when dribbling a ball with your hands.				
Dance	I can explore different body parts and how they move. I can explore different body parts and how they move and remember and repeat actions. I can express and communicate ideas through movement exploring different directions and levels. I can create movements and adapt and perform simple dance patterns. I can copy and repeat actions showing confidence and imagination.		I can remember, repeat and link actions to tell the story of my dance. I can develop an understanding of dynamics and how they can show an idea. I can use counts of 8 to help me stay in time with the music. I can copy, remember and repeat actions using facial expressions to show different characters. I can explore pathways and levels. I can remember and rehearse our circus dance showing expression and character.	I can create actions in response to a stimulus and move in unison with a partner. I can create actions to move in contact with a partner or interact with a partner. I can select and link appropriate actions and dynamics to show our dance idea. I can remember, repeat and create actions to represent an idea. I can share ideas of actions and dynamics to create a dance that shows a location. I can use choreographing ideas to develop our dance.		I can create a dance using a random structure and perform the actions showing quality and control. I can understand how changing dynamics changes the appearance of the performance. I can understand and use relationships and space to change how a performance looks. I can copy and repeat movements in the style of rock 'n' roll. I can work with a partner to copy and repeat actions keeping in time with the music.	

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

	I can move with control and co-ordination, linking, copying and repeating actions.					I can work collaboratively with a group to create a dance in the style of Rock 'n' Roll.	
Gymnastics	I can copy and create shapes with my body. I can create shapes whilst on apparatus. I can develop balancing and taking weight on different body parts. I can develop jumping and landing safely. I can develop rocking and rolling. I can copy and create short sequences by linking actions together.	I can explore travelling movements. I can develop quality when performing and linking shapes. I can develop stability and control when performing balances. I can develop technique and control when performing shape jumps. I can develop technique in the barrel, straight and forward roll. I can link gymnastics actions to create a sequence.	I can perform gymnastic shapes and link them together. I can use shapes to create balances. I can link travelling actions and balances using apparatus. I can demonstrate different shapes, take off and landing when performing jumps. I can develop rolling and sequence building. I can create a sequence using apparatus.		I can develop individual and partner balances. I can develop control in performing and landing rotation jumps. I can develop the straight, barrel, forward and straddle roll. I can develop the straight, barrel, forward and straddle roll. I can develop strength in inverted movements. I can create a partner sequence to include apparatus.		I can develop the straddle, forward and backward roll. I can develop counter balance and counter tension. I can perform inverted movements with control. I can perform the progressions of a headstand and a cartwheel. I can use flight from hands to travel over apparatus. I can create a group sequence using formations and apparatus.
Games	I can work safely to develop running and stopping. I can develop throwing and learn how to keep score. I can play games showing an understanding of the different roles within it. I can follow instructions and move safely when playing tagging games. I can work co-operatively and learn to take turns. I can work with others to play team games.						
Athletics		I can move at different speeds over varying distances. I can develop balance. I can develop agility and co-ordination. I can explore hopping, jumping and leaping for distance. I can develop throwing for distance. I can develop throwing for accuracy.	I can develop the sprinting action. I can develop jumping for distance. I can develop technique when jumping for height. I can develop throwing for distance. I can develop throwing for accuracy. I can select and apply knowledge and technique in an athletics carousel.	I can develop the sprinting technique and improve on my personal best. I can develop changeover in relay events. I can develop jumping technique in a range of approaches and take off positions. I can develop throwing for distance and accuracy. I can develop throwing for distance in a pull throw. I can develop officiating and performing skills.	I can develop stamina and an understanding of speed and pace in relation to distance. I can develop power and speed in the sprinting technique. I can develop technique when jumping for distance. I can develop power and technique when throwing for distance. I can develop a pull throw for distance and accuracy. I can develop officiating and performing skills.	I can apply different speeds over varying distances. I can develop fluency and co-ordination when running for speed. I can develop technique in relay changeovers. I can develop technique and co-ordination in the triple jump. I can develop throwing with force for longer distances. I can develop throwing with greater control and technique.	I can work collaboratively with a partner to set a steady pace. I can develop your own and others sprinting technique. I can develop power, control and technique for the triple jump. I can develop power, control and technique when throwing for distance. I can develop throwing with force and accuracy for longer distances. I can work collaboratively in a team to develop officiating skills of measuring, timing and recording.

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

Striking and fielding		<p>I can develop underarm throwing and catching and apply these in small sided games. I can develop overarm throwing. I can develop striking a ball with my hand and equipment. I can collect a ball when fielding. I can understand how to get a batter out. I can develop decision making and understand how to score points.</p>	<p>I can track a rolling ball and collect it. I can develop accuracy in underarm throwing and catching to field a ball. I can develop accuracy with overarm throwing to limit a batter's score. I can develop hitting for distance to score more points. I can develop decision making to get a batter out. I can develop decision making when under pressure.</p>				
Net and wall			<p>I can use the ready position to defend space on court. I can develop returning a ball with hands. I can play against a partner. I can develop racket skills and use them to return a ball. I can develop returning a ball using a racket. I can play against an opponent using a racket.</p>				
Swimming			<p>I can develop confidence when entering and moving in the water. I can safely enter and exit the pool. I can develop confidence in the water. I can develop confidence when travelling in the water. I can begin to develop floating. I can develop confidence to submerge in the water. I can develop confidence when submerging. I can develop floating on front and back. I can develop the kicking action on front. I can develop kicking action and introduce breathing. I can develop the arm action of pulling. I can develop the pulling arm action and begin to develop gliding on fronts. I can develop the kicking on action on backs and gliding on backs. I can consolidate skills learnt.</p>		<p>I can develop an understanding of buoyancy and balance in the water. I can develop independent movement and submersion. I can develop gliding and crawl legs. I can develop front crawl breathing. I can develop gliding and backstroke. I can develop rotation, sculling and treading water. I can develop head above water breaststroke technique. I can develop basic skills in water safety and floating. I can learn techniques for personal survival. I can develop water safety skills and an understanding of personal survival.</p>		<p>I can develop gliding, front crawl and backstroke. I can develop rotation, sculling and treading water. I can develop the front crawl stroke and breathing technique. I can develop the technique for backstroke arms and legs. I can develop breaststroke and breathing technique. I can develop basic skills in water safety and floating. I can develop the dolphin kick. I can learn techniques for personal survival. I can develop water safety skills and an understanding of personal survival. I can increase endurance in swim challenges. I can identify fastest strokes and personal bests.</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
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			I can develop confidence and consistency in a range of skills.				
Target games			<p>I can consider how much power to apply when aiming at a target.</p> <p>I can understand how to score using overarm and underarm throwing.</p> <p>I can develop striking to a target.</p> <p>I can develop hitting a moving target.</p> <p>I can select and apply the appropriate skills to the target game.</p> <p>I can show an improvement in my personal best.</p>				
Invasion games			<p>I can understand what being in possession means and support a teammate to do this.</p> <p>I can understand that scoring goals is an attacking skill and explore ways to do this.</p> <p>I can understand that stopping goals is a defending skill and explore ways to do this.</p> <p>I can explore how to gain possession.</p> <p>I can mark an opponent and understand that this is a defending skill.</p> <p>I can learn to apply simple tactics for attacking and defending.</p>				
Netball				<p>I can develop passing and moving and play within the footwork rule.</p> <p>I can develop passing and moving towards a goal.</p> <p>I can develop movement skills to lose a defender.</p> <p>I can defend an opponent and try to win the ball.</p> <p>I can develop the shooting action.</p> <p>I can develop playing using netball rules.</p>	<p>I can develop passing and moving and play within the footwork rule.</p> <p>I can develop passing and moving towards a goal.</p> <p>I can develop movement skills to lose a defender.</p> <p>I can defend an opponent and try to win the ball.</p> <p>I can develop the shooting action.</p> <p>I can develop playing using netball rules.</p>	<p>I can develop passing and moving to maintain possession.</p> <p>I can create and use space to support a teammate.</p> <p>I can change direction and speed to lose a defender.</p> <p>I can use defending skills to gain possession.</p> <p>I can develop the shooting action.</p> <p>I can use and apply skills, principles and tactics to a game situation.</p>	<p>I can develop passing and moving to maintain possession.</p> <p>I can create and use space to support a teammate.</p> <p>I can change direction and speed to lose a defender.</p> <p>I can use defending skills to gain possession.</p> <p>I can develop the shooting action.</p> <p>I can use and apply skills, principles and tactics to a game situation.</p>
OAA				<p>I can develop co-operation and teamwork skills.</p> <p>I can develop trust and team work.</p> <p>I can involve all team members in an activity and work towards a collective goal.</p>		<p>I can develop communication, negotiation and empathy whilst working in a team.</p> <p>I can work as a team to solve problems, share ideas and collaborate with one another.</p> <p>I can develop tactical planning and problem solving.</p>	

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

				<p>I can develop trust while listening to others and following instructions.</p> <p>I can identify objects on a map, draw and follow a simple map.</p> <p>I can draw a route using directions and orientate a map and navigate around a grid.</p>		<p>I can share ideas and work as a team to solve problems.</p> <p>I can develop navigational skills and map reading.</p> <p>I can use a key to identify objects and locations.</p>	
Hockey				<p>I can develop sending the ball with a push pass.</p> <p>I can develop receiving the ball.</p> <p>I can develop dribbling using the reverse stick (Indian dribble).</p> <p>I can develop moving into space after passing the ball.</p> <p>I can use an open stick tackle to gain possession.</p> <p>I can apply defending and attacking principles and skills in a hockey tournament.</p>	<p>I can develop sending the ball with a push pass.</p> <p>I can develop receiving the ball.</p> <p>I can develop dribbling using the reverse stick (Indian dribble).</p> <p>I can develop moving into space after passing the ball.</p> <p>I can use an open stick tackle to gain possession.</p> <p>I can apply defending and attacking principles and skills in a hockey tournament.</p>	<p>I can develop dribbling to beat a defender.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can develop receiving the ball with control.</p> <p>I can move into space to support a teammate.</p> <p>I can develop tackling to gain possession of the ball.</p> <p>I can apply rules, skills and principles to play in a hockey tournament.</p>	<p>I can develop dribbling to beat a defender.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can develop receiving the ball with control.</p> <p>I can move into space to support a teammate.</p> <p>I can develop tackling to gain possession of the ball.</p> <p>I can apply rules, skills and principles to play in a hockey tournament.</p>
Basketball				<p>I can develop the attacking skill of dribbling.</p> <p>I can use protective dribbling against an opponent.</p> <p>I can develop the bounce and chest pass and begin to recognise when to use them.</p> <p>I can develop tracking and defending an opponent.</p> <p>I can develop the technique for the set shot.</p> <p>I can apply the skills, rules and tactics you have learnt to a mini tournament.</p>	<p>I can develop the attacking skill of dribbling.</p> <p>I can use protective dribbling against an opponent.</p> <p>I can develop the bounce and chest pass and begin to recognise when to use them.</p> <p>I can develop tracking and defending an opponent.</p> <p>I can develop the technique for the set shot.</p> <p>I can apply the skills, rules and tactics you have learnt to a mini tournament.</p>	<p>I can develop protective dribbling against an opponent.</p> <p>I can move into and create space to support a teammate.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can track an opponent and use defensive techniques to win the ball.</p> <p>I can develop technique to increase accuracy when scoring.</p> <p>I can apply principles, rules and tactics to a game situation.</p>	<p>I can develop protective dribbling against an opponent.</p> <p>I can move into and create space to support a teammate.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can track an opponent and use defensive techniques to win the ball.</p> <p>I can develop technique to increase accuracy when scoring.</p> <p>I can apply principles, rules and tactics to a game situation.</p>
Kwik cricket				<p>I can develop overarm throwing and catching.</p> <p>I can develop underarm bowling.</p> <p>I can learn how to grip the bat and develop batting technique.</p> <p>I can field a ball using a two handed pick up and a short barrier.</p> <p>I can develop overarm bowling technique.</p> <p>I can play apply skills learnt to mini cricket.</p>	<p>I can develop overarm throwing and catching.</p> <p>I can develop underarm bowling.</p> <p>I can learn how to grip the bat and develop batting technique.</p> <p>I can field a ball using a two handed pick up and a short barrier.</p> <p>I can develop overarm bowling technique.</p> <p>I can play apply skills learnt to mini cricket.</p>	<p>I can develop throwing accuracy and catching skills under pressure.</p> <p>I can develop placement of a ball into space.</p> <p>I can develop consistency of catching to get opponents out.</p> <p>I can develop overarm bowling technique and accuracy.</p> <p>I can develop a variety of fielding techniques and use them within a game.</p> <p>I can further develop fielding techniques and apply them to a game situation.</p>	<p>I can develop throwing accuracy and catching skills under pressure.</p> <p>I can develop placement of a ball into space.</p> <p>I can develop consistency of catching to get opponents out.</p> <p>I can develop overarm bowling technique and accuracy.</p> <p>I can develop a variety of fielding techniques and use them within a game.</p> <p>I can further develop fielding techniques and apply them to a game situation.</p>
Dodgeball				<p>I can apply rules to a game situation.</p>	<p>I can apply rules to a game situation.</p>		

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

				<p>I can develop throwing at a moving target.</p> <p>I can use jumps, dodges and ducks to avoid being hit.</p> <p>I can develop catching a dodgeball at different heights.</p> <p>I can learn how to block using the ball.</p> <p>I can understand the rules of dodgeball and use them to play in a tournament.</p>	<p>I can develop throwing at a moving target.</p> <p>I can use jumps, dodges and ducks to avoid being hit.</p> <p>I can develop catching a dodgeball at different heights.</p> <p>I can learn how to block using the ball.</p> <p>I can understand the rules of dodgeball and use them to play in a tournament.</p>		
Football				<p>I can develop controlling the ball and dribbling under pressure.</p> <p>I can develop passing to a teammate.</p> <p>I can control the ball with different parts of the body.</p> <p>I can develop changing direction with the ball using an inside and outside hook.</p> <p>I can jockey / track an opponent.</p> <p>I can apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>I can develop controlling the ball and dribbling under pressure.</p> <p>I can develop passing to a teammate.</p> <p>I can control the ball with different parts of the body.</p> <p>I can develop changing direction with the ball using an inside and outside hook.</p> <p>I can jockey / track an opponent.</p> <p>I can apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>I can dribble a ball under pressure maintaining possession.</p> <p>I can develop dribbling to maintain possession.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can move into space to support a teammate.</p> <p>I can develop defending skills to gain possession.</p> <p>I can apply rules, skills and principles to play in a tournament.</p>	<p>I can dribble a ball under pressure maintaining possession.</p> <p>I can develop dribbling to maintain possession.</p> <p>I can choose when to pass and when to dribble.</p> <p>I can move into space to support a teammate.</p> <p>I can develop defending skills to gain possession.</p> <p>I can apply rules, skills and principles to play in a tournament.</p>
Rounders				<p>I can play different roles in a game and begin to think tactically about each role.</p> <p>I can develop the bowling action and learn the rules of bowling.</p> <p>I can run around the outside of the bases and make decisions about when to stop and when to run.</p> <p>I can field a ball using a two handed pick up and a short barrier.</p> <p>I can develop batting technique and an understanding of where to hit the ball.</p> <p>I can apply skills and rules learnt to play rounders.</p>	<p>I can play different roles in a game and begin to think tactically about each role.</p> <p>I can develop the bowling action and learn the rules of bowling.</p> <p>I can run around the outside of the bases and make decisions about when to stop and when to run.</p> <p>I can field a ball using a two handed pick up and a short barrier.</p> <p>I can develop batting technique and an understanding of where to hit the ball.</p> <p>I can apply skills and rules learnt to play rounders.</p>	<p>I can develop the bowling action and understand the role of the bowler.</p> <p>I can develop batting technique.</p> <p>I can make decisions about where and when to send the ball to stump a batter out.</p> <p>I can develop a variety of fielding techniques and when to use them in a game.</p> <p>I can develop long and short barriers in fielding and understand when to use them.</p> <p>I can apply the rules and skills I have learnt to play in a rounders tournament.</p>	<p>I can develop the bowling action and understand the role of the bowler.</p> <p>I can develop batting technique.</p> <p>I can make decisions about where and when to send the ball to stump a batter out.</p> <p>I can develop a variety of fielding techniques and when to use them in a game.</p> <p>I can develop long and short barriers in fielding and understand when to use them.</p> <p>I can apply the rules and skills I have learnt to play in a rounders tournament.</p>
Yoga		<p>I can explore yoga and mindfulness.</p> <p>I am able to copy and remember poses.</p> <p>I can develop flexibility when holding poses.</p> <p>I can develop balance whilst holding poses.</p> <p>I can create yoga poses using a hoop.</p>	<p>I can copy and repeat yoga poses.</p> <p>I can develop an awareness of strength when completing yoga poses.</p> <p>I can develop an awareness of flexibility when completing yoga poses.</p>	<p>I can explore connecting breath and movement.</p> <p>I can explore new yoga poses and begin to connect them.</p> <p>I can explore gratitude when remembering and repeating a yoga flow.</p>	<p>I can explore connecting breath and movement.</p> <p>I can explore new yoga poses and begin to connect them.</p> <p>I can explore gratitude when remembering and repeating a yoga flow.</p>	<p>I can develop flexibility through the sun salutation flow.</p> <p>I can develop strength through yoga flows.</p> <p>I can create my own flow showing quality in control, balance and technique.</p> <p>I can develop balance through yoga flows.</p>	<p>I can develop flexibility through the sun salutation flow.</p> <p>I can develop strength through yoga flows.</p> <p>I can create my own flow showing quality in control, balance and technique.</p> <p>I can develop balance through yoga flows.</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

		I can create a yoga flow with a partner.	I can copy and remember actions linking them into a flow. I can create a flow and teach it to a partner. I can explore poses and create a yoga flow.	I can develop flexibility and strength in a positive summer flow. I can develop flexibility and wellbeing in an individual yoga flow. I can develop confidence and strength through arm balances.	I can develop flexibility and strength in a positive summer flow. I can develop flexibility and wellbeing in an individual yoga flow. I can develop confidence and strength through arm balances.	I can work collaboratively to create a controlled paired yoga flow. I can create my own yoga flow that challenges technique, balance and control.	I can work collaboratively to create a controlled paired yoga flow. I can create my own yoga flow that challenges technique, balance and control.
Tag rugby					I can delay an opponent and help prevent the other team from scoring. I can explain what happens to my body when I exercise and how this helps me to make me healthy. I can help my team keep possession and score tries when I play in attack. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I can share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.	I can understand when to run and when to pass. I can use the 'forward pass' and 'offside' rules. I can introduce the tagging rule and apply this to game situations. I can develop dodging skills to lose a defender. I can develop drawing defence and moving towards goal. I can apply rules, skills and tactics learnt to play in a tag rugby tournament.	I can understand when to run and when to pass. I can use the 'forward pass' and 'offside' rules. I can introduce the tagging rule and apply this to game situations. I can develop dodging skills to lose a defender. I can develop drawing defence and moving towards goal. I can apply rules, skills and tactics learnt to play in a tag rugby tournament.

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Fundamentals (Reception, year one and year 2)/Multi-skills (year 3 and year 4)/Fitness (year 5 and 6)	I am confident to try new challenges. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I use movement skills with developing balance and co-ordination when playing games.	I can change direction when moving at speed. I can recognise changes in my body when I do exercise. I can run at different speeds. I can select my own actions in response to a task. I can show hopping and jumping movements. I can work co-operatively with others to complete tasks. I can show balance and co-ordination when static and moving at a slow speed.	I am beginning to provide feedback using key words. I am beginning to turn and jump in an individual skipping rope. I can describe how my body feels during exercise. I can show balance when changing direction. I can show hopping, skipping and jumping movements with some balance and control. I can work co-operatively with a partner and a small group. I show balance and co-ordination when running at different speeds.	I am able to jump and turn a skipping rope. I can change direction quickly. I can identify when I was successful. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how the body moves differently at different speeds. I understand why it is important to warm up.	I can change direction quickly under pressure. I can explain what happens when I exercise. I can identify when I was successful and what I need to do to improve. I can link hopping and jumping actions with other fundamental skills. I can work with others to complete skipping challenges. I demonstrate good balance and control when performing other fundamental skills. I understand and can demonstrate how and	I can analyse my fitness scores to identify areas for improvement. I can choose the best pace for a running event and maintain speed. I can encourage and motivate others to work to their personal best. I can identify how different activities can benefit my physical health. I can work with others to manage activities. I understand the different components of fitness and how to test them. I understand what my maximum effort looks and	I can change my running technique to adapt to different distances. I can collect, record and analyse scores to identify areas where I have made the most improvement. I can work with others to organise, manage and record information at a station. I encourage and motivate others to work to their best. I understand that there are different areas of fitness and how this helps me in different activities. I understand the different components of fitness and ways to test and develop them.

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

					when to speed up and slow down when running.	feels like and I am determined to achieve it.	I work to my maximum consistently when presented with challenges.
Ball skills	<p>I can make independent choices.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I persevere when trying new challenges.</p> <p>I play ball games with consideration of the rules.</p> <p>I play co-operatively and take turns with others.</p> <p>I use ball skills with developing competence and accuracy.</p>	<p>I am beginning to catch with two hands.</p> <p>I am beginning to dribble a ball with my hands and feet.</p> <p>I am beginning to understand simple tactics.</p> <p>I can roll and throw with some accuracy towards a target.</p> <p>I can say when someone was successful.</p> <p>I can track a ball that is coming towards me.</p> <p>I can work co-operatively with a partner.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am beginning to understand and use simple tactics.</p> <p>I can dribble a ball with my hands and feet with some control.</p> <p>I can roll and throw a ball to hit a target.</p> <p>I can send and receive a ball using both kicking and throwing and catching skills.</p> <p>I can track a ball and collect it.</p> <p>I can work co-operatively with a partner and a small group.</p>				
Dance	<p>I am confident to try new challenges and perform in front of others.</p> <p>I can combine movements fluently, selecting actions in response to the task.</p> <p>I can negotiate space safely with consideration for myself and others.</p> <p>I follow instructions involving several ideas or actions.</p> <p>I show respect towards others when providing feedback.</p> <p>I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.</p>		<p>I am beginning to provide feedback using key words.</p> <p>I can copy, repeat and create dance phrases.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show a character and idea through the actions and dynamics I choose.</p> <p>I can use counts to stay in time with the music.</p> <p>I can work with a partner using mirroring and unison in our actions.</p> <p>I show confidence to perform.</p>	<p>I am respectful of others when watching them perform.</p> <p>I can provide feedback using key words.</p> <p>I can repeat, remember and perform a dance phrase.</p> <p>I can use counts to keep in time with a partner and group.</p> <p>I can use dynamic and expressive qualities in relation to an idea.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I create short dance phrases that communicate the idea.</p>		<p>I can accurately copy and repeat set choreography.</p> <p>I can choreograph phrases individually and with others considering actions and dynamics.</p> <p>I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.</p> <p>I can lead a group through short warm-up routines.</p> <p>I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.</p> <p>I can suggest ways to improve my own and other people's work using key terminology.</p> <p>I can use counts when choreographing to stay in time with others and the music.</p> <p>I can use feedback provided to improve my work.</p>	
Gymnastics	<p>I am confident to try new challenges.</p> <p>I can combine movements, selecting actions in response to the task and apparatus.</p> <p>I can confidently and safely use a range of large and small apparatus.</p> <p>I can negotiate space safely with</p>	<p>I am confident to perform in front of others.</p> <p>I can link simple actions together to create a sequence.</p> <p>I can make my body tense, relaxed, stretched and curled.</p> <p>I can recognise changes in my body when I do exercise.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am proud of my work and confident to perform in front of others.</p> <p>I can perform the basic gymnastic actions with some control and balance.</p> <p>I can plan and repeat simple sequences of actions.</p> <p>I can use directions and levels to make my work look interesting.</p>		<p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can identify some muscle groups used in gymnastic activities.</p> <p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>I can provide feedback using appropriate</p>		<p>I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>I can create and perform sequences using compositional devices to improve the quality.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can use appropriate language to evaluate and</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

	<p>consideration for myself and others. I follow instructions involving several ideas or actions. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. I can work co-operatively with others and take turns.</p>	<p>I can remember and repeat actions and shapes. I can say what I liked about someone else's performance. I can use apparatus safely and wait for my turn.</p>	<p>I can use shapes when performing other skills. I can work safely with others and apparatus.</p>		<p>language relating to the lesson. I can safely perform balances individually and with a partner. I can watch, describe and suggest possible improvements to others' performances and my own. I understand how body tension can improve the control and quality of my movements.</p>		<p>refine my own and others' work. I can work collaboratively with others to create a sequence. I understand how to work safely when learning a new skill. I understand what counter balance and counter tension is and can show examples with a partner.</p>
Games	<p>I can negotiate space with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination.</p>						
Athletics		<p>I am able to throw towards a target. I am beginning to show balance and co-ordination when changing direction. I am developing overarm throwing. I can recognise changes in my body when I do exercise. I can run at different speeds. I can work with others and make safe choices. I try my best. I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p>	<p>I can describe how my body feels during exercise. I can identify good technique. I can jump and land with control. I can use an overarm throw to help me to throw for distance. I can work with others, taking turns and sharing ideas. I show balance and co-ordination when running at different speeds. I try my best.</p>	<p>I am developing jumping for distance. I can identify when I was successful. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can use different take off and landings when jumping. I can use key points to help me to improve my sprinting technique. I can work with a partner and in a small group, sharing ideas. I show determination to achieve my personal best.</p>	<p>I can demonstrate the difference in sprinting and jogging techniques. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area. I show determination to improve my personal best. I support and encourage others to work to their best.</p>	<p>I can choose the best pace for a running event. I can identify good athletic performance and explain why it is good. I can perform a range of jumps showing some technique. I can show control at take-off and landing in jumping activities. I can take the role of coach, official and timer when working in a group. I can use feedback to improve my sprinting technique. I persevere to achieve my personal best. I show accuracy and power when throwing for distance.</p>	<p>I can compete within the rules showing fair play and honesty. I can help others improve their technique using key teaching points. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can perform jumps for distance using good technique. I can select and apply the best pace for a running event. I can show accuracy and good technique when throwing for distance. I understand that there are different areas of fitness and how this helps me in different activities.</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

							I use different strategies to persevere to achieve my personal best.
Striking and fielding		<p>I can catch a beanbag and a medium-sized ball.</p> <p>I can roll a ball towards a target.</p> <p>I can strike a ball using my hand.</p> <p>I can track a ball that is coming towards me.</p> <p>I know how to score points.</p> <p>I understand the rules and I am beginning to use these to play honestly and fairly.</p> <p>I understand when I am successful.</p>	<p>I am beginning to provide feedback using key words.</p> <p>I am developing underarm and overarm throwing skills.</p> <p>I can hit a ball using equipment with some consistency.</p> <p>I can track a ball and collect it.</p> <p>I can use simple tactics.</p> <p>I know how to score points and can remember the score.</p> <p>I understand the rules of the game and can use these to play fairly in a small group.</p>				
Net and wall			<p>I can defend space on my court using the ready position.</p> <p>I can describe how my body feels during exercise.</p> <p>I can hit a ball over the net and into the court area.</p> <p>I can throw accurately to a partner.</p> <p>I can use simple tactics to make it difficult for an opponent.</p> <p>I know how to score points and can remember the score.</p> <p>I show good sportsmanship when playing against an opponent.</p>				
Swimming			<p>I can begin to use arms and legs together to move effectively across the water.</p> <p>I can demonstrate what to do if I fall into water.</p> <p>I can float on my front and back.</p> <p>I can glide on both front and back.</p> <p>I can roll from my front to my back and then regain a standing position.</p> <p>I can swim over a distance of 10m unaided.</p> <p>I know several pool rules and can explain how they help me to stay safe.</p>		<p>I can swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>I can use a range of strokes effectively.</p> <p>I can perform safe self-rescue in different water based situations.</p>		<p>I can swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>I can use a range of strokes effectively.</p> <p>I can perform safe self-rescue in different water based situations.</p>
Target games			<p>I am able to select the appropriate skill for the situation.</p> <p>I can throw, roll or strike a ball to a target with some success.</p>				

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

			<p>I can work co-operatively with a partner and a small group.</p> <p>I understand the principles of a target game and can use different scoring systems when playing games.</p> <p>I understand what good technique looks like and use key words in the feedback I provide.</p>				
Invasion games			<p>I can describe how my body feels during exercise.</p> <p>I can dodge and find space away from the other team.</p> <p>I can move with a ball towards goal.</p> <p>I can sometimes dribble a ball with my hands and feet.</p> <p>I can stay with another player to try and win the ball.</p> <p>I know how to score points and can remember the score.</p> <p>I know who is on my team and I can attempt to send the ball to them.</p>				
Netball				<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can communicate with my team and move into space to support them.</p> <p>I can defend an opponent and try to win the ball.</p> <p>I can pass, receive and shoot the ball with some control.</p> <p>I can provide feedback using key words.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work cooperatively with my group to self-manage games.</p>	<p>I can defend one on one and know when to win the ball.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can pass, receive and shoot the ball with increasing control.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can pass, receive and shoot the ball with some control under pressure.</p> <p>I can stay with an opponent and I am confident to attempt to intercept.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can create and use space to help my team.</p> <p>I can pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use marking, and/or interception to improve my defence.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
OAA				<p>I am developing map reading skills.</p> <p>I can follow and give instructions.</p> <p>I can listen to and am accepting of others' ideas.</p>		<p>I am inclusive of others and can share job roles.</p> <p>I can navigate around a course using a map.</p> <p>I can orientate a map confidently.</p>	

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

				<p>I can plan and attempt to apply strategies to solve problems.</p> <p>I can reflect on when and why I was successful at solving challenges and am beginning to understand why.</p> <p>I can work collaboratively with a partner and a small group.</p>		<p>I can reflect on when I was successful at challenging and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p> <p>I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p>	
Hockey				<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p> <p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use tracking, tackling and intercepting when playing in defence.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can use them most of the time to play fairly and honestly.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control. under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
Basketball				<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and am beginning to use them honestly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p> <p>I can provide feedback using key words.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use tracking and intercepting when playing in defence.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use the rules of the game honestly and consistently.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

							I understand when to use different styles of defence in game situations.
Kwik cricket				<p>I am able to bowl a ball towards a target.</p> <p>I am beginning to strike a bowled ball after a bounce.</p> <p>I am developing an understanding of tactics and I am beginning to use them in game situations.</p> <p>I am learning the rules of the game and I am beginning to use them honestly.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key words.</p> <p>I can use overarm and underarm throwing, and catching skills.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>I am able to bowl a ball with some accuracy and consistency.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can strike a bowled ball after a bounce.</p> <p>I can use overarm and underarm throwing, and catching skills with increasing accuracy.</p> <p>I share ideas and work with others to manage our game.</p>	<p>I am developing a wider range of fielding skills and I am beginning to use these under some pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can strike a bowled ball with increasing consistency.</p> <p>I can work co-operatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p>	<p>I can select the appropriate action for the situation.</p> <p>I can strike a bowled ball with increasing consistency and accuracy.</p> <p>I can use a wider range of fielding skills with increasing control under pressure.</p> <p>I can use the rules of the game consistently to play fairly.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand and can apply some tactics in the game as a batter, bowler and fielder.</p>
Dodgeball				<p>I am learning the rules of the game and I am beginning to use them to play fairly.</p> <p>I can provide feedback using key words.</p> <p>I can throw with some accuracy and I am beginning to catch with some consistency.</p> <p>I understand the aim of the game.</p> <p>I work co-operatively with my group to self-manage games.</p>	<p>I can catch with increasing consistency.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready position to defend myself.</p> <p>I can throw with some accuracy at a target.</p> <p>I share ideas and work with others to manage our game.</p> <p>I understand the rules of the game and I can use them often and honestly.</p>		
Football				<p>I am beginning to use simple tactics.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p> <p>I can provide feedback using key words.</p>	<p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>I can communicate with my team and move into space to keep possession and score.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can often make the correct decision of who to pass to and when.</p>	<p>I can create and use space to help my team.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

				<p>I can track an opponent to slow them down. I understand my role as an attacker and as a defender. I work co-operatively with my group to self-manage games.</p>	<p>I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p>I can use tracking and intercepting when playing in defence. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can use them most of the time to play honestly and fairly. I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can use the rules of the game consistently to play honestly and fairly. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
Rounders				<p>I am able to bowl a ball towards a target. I am beginning to strike a bowled ball. I am developing an understanding of tactics and I am beginning to use them in game situations. I am learning the rules of the game and I am beginning to use them. I can provide feedback using key words. I can use overarm and underarm throwing and catching skills. I work co-operatively with my group to self-manage games.</p>	<p>I am able to bowl a ball with some accuracy, and consistency. I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can communicate with my teammates to apply simple tactics. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can provide feedback using key terminology and understand what I need to do to improve. I can strike a bowled ball with adapted equipment (e.g. a tennis racket). I can use overarm and underarm throwing and catching skills with increasing accuracy. I share ideas and work with others to manage our game.</p>	<p>I am beginning to strike a ball with a rounders bat. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I can identify when I was successful and what I need to do to improve. I can work co-operatively with others to manage our game. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to use this.</p>	<p>I can strike a bowled ball with increasing consistency. I can use a wider range of skills with increasing control under pressure. I can use the rules of the game consistently to play fairly. I can work collaboratively with others to get batters out. I can work in collaboration with others so that games run smoothly. I recognise my own and others strengths and areas for development and can suggest ways to improve. I understand and can apply some tactics in the game as a batter, bowler and fielder.</p>
Yoga		<p>I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness of space when travelling. I can work with others to create poses.</p>	<p>I am beginning to provide feedback using key words. I can copy, remember and repeat yoga flows. I can describe how my body feels during exercise. I can move from one pose to another thinking about my breath. I can use clear shapes when performing poses. I can work with others to create simple flows showing some control.</p>	<p>I can copy and link yoga poses together to create a short flow. I can describe how yoga makes me feel. I can move from one pose to another in time with my breath. I can provide feedback using key words. I can work with others to create a flow including a number of poses. I show some stability when holding my yoga poses.</p>	<p>I can describe how yoga makes me feel and can talk about the benefits of yoga. I can link poses together to create a yoga flow. I can provide feedback using key terminology and understand what I need to do to improve. I can transition from pose to pose in time with my breath. I can work collaboratively and effectively with others. I demonstrate yoga poses which show clear shapes.</p>	<p>I am confident to lead others through poses and flows. I can create a yoga flow working safely with a partner. I can identify how different activities can benefit my physical health. I can move with control from one pose to another demonstrating good balance. I can provide feedback to others using key terminology. I can use feedback provided to improve my work. I can use my breath to move from pose to pose. I show strength and flexibility whilst holding yoga poses</p>	<p>I am confident to lead others, demonstrating poses and teaching them my flow. I can use feedback provided to improve the quality of my work. I can use my breath to transition from one pose to another with control. I can use yoga poses to improve my flexibility, strength and balance. I choose poses which link easily from one to the other to help my sequence flow. I recognise my own and others strengths and areas for</p>

RIVERSIDE PRIMARY SCHOOL CURRICULUM PROGRESSION MAP
SUBJECT – PHYSICAL EDUCATION

					I show increasing control and balance when moving from one pose to another.		development and can suggest ways to improve. I understand that there are different areas of fitness and how this helps me in different activities.
Tag rugby						<p>I can communicate with my team and move into space to keep possession and score. I can identify when I was successful and what I need to do to improve. I can pass and receive the ball with some control under pressure. I can tag opponents and close down space. I know what position I am playing in and how to contribute when attacking and defending. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>I can create and use space to help my team. I can pass and receive the ball with increasing control under pressure. I can select the appropriate action for the situation and make this decision quickly. I can tag opponents individually and when working within a unit. I can use the rules of the game consistently to play honestly and fairly. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I can work in collaboration with others so that games run smoothly. I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>